

## CLAIMS

1. Orally applicable composition containing ascorbic acid or ascorbate or its derivative in combination with one or more derivatives of quercetin elected from the group quercetin-3-O-glucoside (isoquercetin), quercetin-4'-glucoside, quercetin-3'-glucoside, and quercetin-7-glucoside.
2. Composition according to claim 1 containing isoquercetin in combination with ascorbic acid or of a physiologically active ascorbate in form of its sodium, calcium, other mineral or organic salts.
3. Composition according to ~~claims 1 or 2~~ <sup>claim 1</sup> containing a combination of isoquercetin and ascorbic acid or their mineral or organic salts and additionally other ingredients.
4. Composition according to claim 3 wherein other ingredients are vitamins.
5. Composition according to ~~claims 1 - 4~~ <sup>claim 1</sup> wherein other ingredients are suitable salts of Mg, Ca, K, and Fe.
6. Composition according to ~~claims 1 - 5~~ <sup>claim 1</sup> wherein other ingredients are trace elements.
7. Composition according to ~~claims 1 - 6~~ <sup>claim 1</sup> containing ascorbic acid or ascorbate and isoquercetin in a molar ratio in the range of 2 : 1 to 1 : 2.
8. Composition according to ~~claims 1 - 6~~ <sup>claim 1</sup> containing ascorbic acid or ascorbate and isoquercetin in a molar ratio in the range of 1 : 1.
9. Compositions according to ~~claims 1 - 8~~ <sup>claim 1</sup> containing 30 - 4000 mg ascorbic acid or ascorbate in daily dose, preferably 150 - 1000 mg.
10. Compositions according to ~~claims 1 - 8~~ <sup>claim 1</sup> containing 1500 - 3000 mg ascorbic acid or ascorbate in daily dose.
11. Use of compositions according to ~~claims 1 - 10~~ <sup>claim 1</sup> as a food supplement.

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12. Method of maintaining long biological activity and high concentration of ascorbate and isoquercetin in human organs, especially skin, tissues and cells by orally administration of a composition according to ~~claims 1-10~~ <sup>claim 1</sup>

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13. Method of protection against oxidative damages of organs, including skin, tissues and cells by orally administration of a composition according to ~~claims 1-10~~ <sup>claim 1</sup>.

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14. Method of prevention of arteriosclerosis, cardiovascular diseases, allergic and inflammatory disorders, bacterial and viral infections, metabolic dysfunctions, e.g. premature ageing, and of other pathologic conditions involving oxidative damages by orally administration of compositions according to ~~claims 1-10~~ <sup>claim 1</sup>.

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15. Method of supporting pharmacological treatments of diseases and dysfunctions caused by oxidative damages by orally administration of compositions according to ~~claims 1-10~~ <sup>claim 1</sup>.

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16. Pharmaceutical ~~composition~~ <sup>claim 1</sup> containing a compositions according to ~~claims 1-9~~.

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